

Focus Practice 2: Knowing my Essentials

What is the purpose of a Focus Practice?

The intention of a Focus Practice is to develop the “mini-muscles” needed to live in the New Way (NW) of the Minimalist Desert Pioneer.

Which muscles will this practice develop?

In times of stress and change we can benefit from staying close to what is most essential. This space invites pause and an invitation to do less. This practice focuses on strengthening the muscle of releasing. The intention of this practice is for you to experience what it feels like to leave something behind for times in life that require you to travel lighter. Its design supports learning objective #2 which is: *“to be more comfortable doing the minimum and/ to be okay with doing less.”*

Daily

Daily, in 1-2 moments or situations per day, choose to do a little less. Here are some examples:

- One task on the to do list left undone
- One Facebook comment/connection not made
- One bottle of water left unconsumed
- One less meal option at dinner time
- One workout cut short by 5 minutes
- One sentiment left unexpressed
- Play with your capacity to do a little less in the area of health or outside of it

As you release this item, notice the emotions that stir in you as you walk away from the construction site. Take a deep breath and allow this air to surround the space around your heart.

Daily Journal Questions

At the end of the day, take some time to reflect on this practice of releasing, and respond to the following questions in your physical or online coaching journal.

1. How did the feelings that arose for the Grateful Construction Manager as she stepped away from the construction site job undone linger on?
2. What felt important to the Grateful Construction Manager about the doing left undone?

Weekly Integration Questions

At the end of each week, please sit down and scan over your previous week’s writing and answer the following questions:

1. What insights do you have about how and why the emotions of the Grateful Construction Manager linger?
2. What are you discovering is important and essential to the Grateful Construction Manager?

Come prepared to make the most of your Group Coaching Call!

What are your key insights about The Way of the Grateful Construction Site Manager? What are you feeling curious about as you begin to develop in the New Way of the Minimalist Desert Pioneer? These are some of the questions we’ll explore in our first call together.